

Could You Have Diabetes and Not Know It?

At-Risk Weight Chart	
HEIGHT	WEIGHT
Feelinches without shoes	Pounds without clothing
4' 10"	129
4' 11"	133
5' 0"	138
5' 1"	143
5' 2"	147
5' 3"	152
5' 4"	157
5' 5"	162
5' 6"	167
5' 7"	172
5' 8"	177
5' 9"	182
5' 10"	188
5' 11"	193
6' 0"	199
6' 1"	204
6' 2"	210
6' 3"	216
6' 4"	221

Blood Glucose	Blood Pressure

Take this test. Know the Score

- | | | |
|--|-----|----|
| | Yes | No |
| 1. My weight is equal to or above that listed in the chart. | 5 | 0 |
| 2. I am under 65 years of age and I get little or no exercise during a usual day | 5 | 0 |
| 3. I am between 45 and 64 years of age | 5 | 0 |
| 4. I am 65 years of age or older | 9 | 0 |
| 5. I am a woman who has had a baby weighing more than nine pounds at birth | 1 | 0 |
| 6. I have a sister or brother with diabetes | 1 | 0 |
| 7. I have a parent with diabetes | 1 | 0 |

Total:

3-9 points – You are probable at low risk now, but everyone 45 years or older should consider being tested every three years.

10 or more points – You are at high risk for having diabetes. See a doctor soon and find out for sure.



1-800-738-2301

Could You Have Diabetes and Not Know It?

At-Risk Weight Chart	
HEIGHT	WEIGHT
Feelinches without shoes	Pounds without clothing
4' 10"	129
4' 11"	133
5' 0"	138
5' 1"	143
5' 2"	147
5' 3"	152
5' 4"	157
5' 5"	162
5' 6"	167
5' 7"	172
5' 8"	177
5' 9"	182
5' 10"	188
5' 11"	193
6' 0"	199
6' 1"	204
6' 2"	210
6' 3"	216
6' 4"	221

Blood Glucose	Blood Pressure

Take this test. Know the Score

- | | | |
|--|-----|----|
| | Yes | No |
| 1. My weight is equal to or above that listed in the chart. | 5 | 0 |
| 2. I am under 65 years of age and I get little or no exercise during a usual day | 5 | 0 |
| 3. I am between 45 and 64 years of age | 5 | 0 |
| 4. I am 65 years of age or older | 9 | 0 |
| 5. I am a woman who has had a baby weighing more than nine pounds at birth | 1 | 0 |
| 6. I have a sister or brother with diabetes | 1 | 0 |
| 7. I have a parent with diabetes | 1 | 0 |

Total:

3-9 points – You are probable at low risk now, but everyone 45 years or older should consider being tested every three years.

10 or more points – You are at high risk for having diabetes. See a doctor soon and find out for sure.

1-800-738-2301

BODY MASS INDEX

Body Mass Index or BMI is based on an individual's height and weight, and is an indicator of obesity and underweight. One variable the BMI fails to consider is lean body mass. Because muscle weighs more than fat, it is possible for a healthy, muscular individual to have a BMI that indicates obesity. BMI is also an indicator for risk of some chronic diseases. If your BMI is:

- ~ **19-24** □ This is considered normal weight, and is associated with the lowest incidence of serious illness.
- ~ **25-30** □ This is considered overweight, and is associated with increased risk for a variety of serious illnesses. Weight loss should be considered, and may be achieved through diet modification and increased exercise.
- ~ **Greater than 30** □ This is considered obese, and is associated with high risk of developing several chronic diseases such as heart disease, diabetes, high blood pressure, gall bladder disease, and some cancers. Weight loss can reduce these risks. Contact your physician and your dietitian to help you figure out a plan that will work for you.

HEIGHT	WEIGHT (lbs.)																							
	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33
5'0"	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
5'1"	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
5'2"	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41
5'3"	18	19	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
5'4"	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
5'5"	17	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
5'6"	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
5'7"	16	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
5'8"	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
5'9"	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
5'10"	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37
5'11"	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37
6'0"	14	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
6'1"	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
6'2"	13	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35

BODY MASS INDEX

Body Mass Index or BMI is based on an individual's height and weight, and is an indicator of obesity and underweight. One variable the BMI fails to consider is lean body mass. Because muscle weighs more than fat, it is possible for a healthy, muscular individual to have a BMI that indicates obesity. BMI is also an indicator for risk of some chronic diseases. If your BMI is:

- ~ **19-24** □ This is considered normal weight, and is associated with the lowest incidence of serious illness.
- ~ **25-30** □ This is considered overweight, and is associated with increased risk for a variety of serious illnesses. Weight loss should be considered, and may be achieved through diet modification and increased exercise.
- ~ **Greater than 30** → This is considered obese, and is associated with high risk of developing several chronic diseases such as heart disease, diabetes, high blood pressure, gall bladder disease, and some cancers. Weight loss can reduce these risks. Contact your physician and your dietitian to help you figure out a plan that will work for you.

HEIGHT	WEIGHT (lbs.)																							
	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33
5'0"	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
5'1"	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
5'2"	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41
5'3"	18	19	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
5'4"	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
5'5"	17	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
5'6"	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
5'7"	16	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
5'8"	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
5'9"	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
5'10"	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37
5'11"	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37
6'0"	14	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
6'1"	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
6'2"	13	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35